

Five Points Center for Active Adults  
2000 Noble Road  
Raleigh, NC 27608  
919-996-4730

Anne Gordon Center for Active Adults  
at Millbrook Exchange  
1901 Spring Forest Road  
Raleigh, NC 27615  
919-996-4720

Raleigh Parks and Recreation Department

# Adult Programs

January –April 2013

Website: [parks.raleighnc.gov](http://parks.raleighnc.gov)

Keyword Search: Active Adults



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**FIVE POINTS CENTER FOR ACTIVE ADULTS**  
**2000 NOBLE ROAD, RALEIGH, NC 27608**  
**Phone: 919-996-4730**  
**Fax: 919-508-5134**  
**FivePointsCenter@raleighnc.gov**

**HOURS OF OPERATION**

Monday—Friday 9:00 AM - 6:00 pm



**Five Points Center for Active Adults will be closed on the following dates:**

Tuesday January 1  
 (New Year's Day)  
 Monday January 21  
 (Martin Luther King, Jr. Birthday)  
 Friday March 29  
 (Good Friday)

**ANNE GORDON CENTER FOR ACTIVE ADULTS AT MILLBROOK EXCHANGE**  
**1901 SPRING FOREST ROAD, RALEIGH, NC 27615**  
**Phone: 919-996-4720**  
**Fax: 919-431-8090**  
**AnneGordonCenter@raleighnc.gov**

**HOURS OF OPERATION**

Monday—Friday 9:00 AM - 6:00 pm



**Anne Gordon Center for Active Adults at Millbrook Exchange will be closed on the following dates:**

Tuesday January 1  
 (New Year's Day)  
 Monday January 21  
 (Martin Luther King, Jr. Birthday)  
 Friday March 29  
 (Good Friday)

**ADDITIONAL RESOURCES**

**Resources for Seniors** Janet Harrison, Resources for Seniors Information and Referral Specialist  
**919-996-4738** [www.resourcesforseniors.com](http://www.resourcesforseniors.com)

Resources for Seniors has an Information and Referral Specialist housed at the Five Points Center for Active Adults and is available by appointment to meet one on one with individuals at the Anne Gordon Center for Active Adults at Millbrook Exchange.

**Meals On Wheels**  
**919-996-4739** [www.wakemow.org](http://www.wakemow.org)

The Five Points Center for Active Adults a Meals on Wheels Congregate Lunch site. The congregate lunch program serves anyone who is 60 or older and can get to the Active Adult Center. You must call first for a reservation and complete an application when you arrive.



**ART****Acrylic Painting for Beginners**

This class is perfect for beginners who want to learn the basic of acrylic painting. Instruction on basic techniques, color palates & choosing subject matter will be covered. Students will be given a materials list to purchase on their own. Instructor: John Duzs.

**Five Points Center for Active Adults** Class Fee: \$0

#134095	Jan 16-Apr 24	W 12:30 pm - 3:00 pm
#137966	Jan 14-Apr 22	M 10:30 am - 1:30 pm

**Beginner Knitting and Crocheting**

Learn basic skills in this class that will get you on your way to knitting and crocheting on your own. You will complete a project of your choice in this class. Knitting supplies needed: 1 scan of yarn 100 yards, 1 pair of size 13 needles. Crocheting supplies: size G and size H hook and thread. Instructor: Judy Bregler.

**Anne Gordon Center for Active Adults** Class Fee: \$8

#135957	Jan 15-Feb 19	Tu 2:15 pm - 4:15 pm
#138443	Jan 10-Feb 14	Th 2:15 pm - 4:15 pm

**Blanket Making - No Sew Blankets**

Looking for an easy craft an activity where you can meet new people or hang out with some old friends? This blanket making class is easy for all levels and abilities. Come and find out how to make the blankets for yourself, as gifts or to be used as a charity item. All materials provided by the instructor Mary Ruth Chauvaux.

**Anne Gordon Center for Active Adults** Class Fee: \$7

#135976	Feb 18	M	10:00 am -12:00 pm
#135977	Mar 18	M	10:00 am -12:00 pm
#135978	Apr 15	M	10:00 am -12:00 pm

**Ceramics Basics**

This basic ceramics class introduces students to painting greenware to create your own beautiful pieces. Students will be given a supply list to purchase other necessary materials on your own. Instructor: Ann Long.

**Five Points Center for Active Adults** Class Fee:\$0

#134097	Jan 2-Apr 24	W	9:30 am -12:00 pm
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**Spring Wreath**

Come and learn how to make the popular mesh wreaths that you may have seen on your neighbors' doors. Participants will create a Spring wreath.

**Five Points Center for Active Adults** Class Fee: \$10

#141501	Mar 5	Tu	10:00 am -11:00 am
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**No Sew Fashion Scarves**

This series of classes will teach you various techniques for creating beautiful, no-sew fashion scarves. These scarves, are easy to make, inexpensive, and make great gifts for family, friend, or yourself! Each session will introduce a different technique.

**Five Points Center for Active Adults**

#141496	Feb 8	F	10:00 am -11:00 am
#141497	Mar 15	F	10:00 am -11:00 am
#141498	Apr 12	F	10:00 am -11:00 am
#141500	Apr 26	F	10:00 am -11:00 am

Class Fee: \$10

**Education/Health****Resources for Seniors - Health Fair**

You are invited to join in our 1st Annual Health Fairs at the Active Adults Centers! There will be great information, health screenings, community resource information, door prizes and giveaways.

**Anne Gordon Center for Active Adults**

#134215	Mar 12	Th	1:00 pm - 4:00 pm
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**Five Points Center for Active Adults**

#134214	Mar 18	M	1:00 pm - 4:00 pm
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**AARP Safe Driving Course for Older Adults**

The AARP Driver Safety Program is designed especially for drivers age 50 and over to help people live more independently as they age. The course covers the latest rules of the road, defensive driving techniques and how to operate a vehicle more safely in today's increasingly challenging driving environment. Course fee is \$12.00 for AARP Members, \$14.00 for non-members and will be paid directly to the instructor.

**Five points Center for Active Adults**

#140558	May 3	F	12:30 pm - 4:30 pm
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**AARP Tax Assistance Program**

AARP provides free income tax preparations for senior adults. Appointments are taken on a first-come, first-served basis. Please bring identification information and tax records with you.

**Five Points center for Active Adults**

#137860	Feb 1-Apr 15	M, F	9:30 am -12:00 pm
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**Backup Your Computer**

In this seminar, you will learn the importance of backing up your computer onto various storage devices, several ways to back up your computer, and how to automate your regular computer backups to run at specified times. This class is presented as a demonstration seminar by Raleigh SeniorTechEd and is not a 'hands on' class. For more information, please call 919-954-3688.

**Five Points Center for Active Adults**

#136054	Feb 15	F	9:30 am -11:30 am
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Class Fee: \$10



**Beginning Computers and E-mail**

This is an 8 week course for beginners or new computer users. Exercises are included to improve skills & to create and save short documents. Students will be introduced to the basics of e-mail, creating an e-mail ID, sending & receiving messages, & using attachments and photos. You do not need a computer to take this class. This class is brought to you by Raleigh SeniorTechEd.

**Five Points Center for Active Adults** Class Fee: \$40R \$52NR  
#136056 Mar 7-Apr 25 Th 1:30 pm - 3:30 pm

**Digital Photography Seminar**

This 1:1 session will cover the basics of digital photography, composition and taking pictures, and downloading pictures to your computer with YOUR camera. If you have specific questions, they will be addressed by the instructor. This class is brought to you by Raleigh SeniorTechEd. For more information, please call 919-954-3688.

*Requirement: Bring your camera and it's manual.*

**Five Points Center for Active Adults** Class Fee: \$10

#136129	Jan 25	F	1:30 pm - 3:30 pm
#136131	Feb 22	F	1:30 pm - 3:30 pm
#136132	Mar 8	F	1:30 pm - 3:30 pm
#136133	Mar 22	F	1:30 pm - 3:30 pm
#136134	Apr 12	F	1:30 pm - 3:30 pm
#136135	Apr 26	F	1:30 pm - 3:30 pm

**Exploring Files and Folders**

This 4-week course will offer ways to increase your ability to manage data storage and files on your personal computer using Windows 7. You will learn to create folders and organize your data so that it will be easy to retrieve. This class is brought to you by Raleigh SeniorTechEd. For more information, call 919-954-3688.

*Prerequisite: Intro to Computer Applications or equivalent.*

**Five Points Center for Active Adults** Class fee:\$25R \$37NR  
#136058 Mar 6-27 W 1:30 pm - 3:30 pm

**Lose 500 Pounds In A Week - Get Organized**

Learn the most effective way to eliminate clutter, paperwork & other items from your home. This will also help you with organizing your files for tax season & preparing your house for spring cleaning. Instructor: Eileen Stevie, Stevie Organizing Service. Class Fee: \$0

#139499 Feb 8 F 1:00 pm - 2:30 pm

**Introduction to Computer Applications**

This 8 week course is for students who have some knowledge of computers, mouse movement, and are familiar with the keyboard. The basics of word processing, file management, databases, spreadsheets, & the Internet will be covered. Brought to you by Raleigh SeniorTechEd.

**Five Points Center for Active Adults** Class Fee: \$40 R \$52 NR

#136062	Mar 4-Apr 22	M	1:30 pm - 3:30 pm
#136063	Mar 5-Apr 23	Tu	9:30 am -11:30 am

**Introduction to Genealogy**

This introductory seminar will demonstrate the desktop product Family Tree Maker and the online program Ancestry.com which will allow you to research and record family history information. This is not a hand-on seminar, but you will be provided with information to get you started on your journey to record your family history. This seminar is brought to you by Raleigh SeniorTechEd. For more information, please call 919-954-3688.

**Five Points Center for Active Adults** Class Fee:\$12  
#139189 May 17 F 9:30 am -12:00 pm

**Introduction to iCloud**

iCloud is a service that allows users to securely store personal computer files on Apple's iCloud servers so that the file may be accessed from multiple devices. It is also used for syncing multiple devices including your iPad, iPhone, iPod and PCs running Mac OS or Windows/ Consider it a highly capable personal Internet hard drive! You will be shown how to set up an account and make the best use of the service. Bring your own iPad, iPhone or iPad Touch.

**Five Points Center for Active Adults** Class Fee: \$0  
#136682 Feb 13 W 10:00 am -11:30 am  
#136683 Mar 27 W 1:30 pm - 3:00 pm  
**Anne Gordon Center for Active Adults** Class Fee: \$0  
#138445 Jan 16 W 9:30 am -11:30 am

**Introduction to iPad, iPhone, and iPod Touch**

The iPad, iPhone and iPod Touch are creating a revolution in computers and the way we live. Although similar devices are made by several manufacturers, this course will focus on products from Apple to illustrate their capabilities and underlying concepts. This course will show you how to set up these devices and provide a brief overview of the many applications (apps) available. Bring your own iPad, iPhone or iPod Touch.

**Five Points Center for Active Adults** Class Fee: \$0  
#136677 Feb 27 W 10:00 am -12:00 pm  
**Anne Gordon Center for Active Adults** Class Fee: \$0  
#138444 Feb 27 W 1:30 pm - 3:30 pm

**Living for Today - How Can I Remain Ageless?**

We need to value our wisdom and experiences maintaining high self-expectations regarding how fulfilling life can be at any given time. We can decide to remain ageless and independent at any point in time if we pay attention to our activity levels, nutrition, sleep and social life. This on going class will provide ways to modify your thinking and way of living to enjoy agelessness. Instructor: Nancy Davison, PT, Lac.

**Anne Gordon Center for Active Adults** Class Fee:\$5  
#135988 Feb 14 Th 5:00 pm - 6:30 pm  
#135989 Feb 28 Th 5:00 pm - 6:30 pm  
#135990 Mar 14 Th 5:00 pm - 6:30 pm  
#135991 Mar 28 Th 5:00 pm - 6:30 pm

**Moving from a PC to an iPad made Easy**

This course will focus on the ease of use of the iPad and how to utilize its essential apps to accomplish tasks that were traditionally done on a personal computer. You will be shown how to transfer your critical files, set up your e-mail accounts, migrate contacts and use the built in web browser. You will also learn about some other apps that are equivalent to what you have been using on your PC.

**Five Points Center for Active Adults** Class Fee: \$0  
#136680 Jan 30 W 10:00 am -11:30 am  
#136681 Mar 13 W 1:30 pm - 3:00 pm  
**Anne Gordon Center for Active Adults** Class Fee: \$0  
#138446 Mar 13 W 9:30 am -11:30 am

**Organizing Your Family Photos**

Turn stacks of loose photos into keepsakes for your family for years to come. Instructor: Eileen Stevie, Stevie Organizing Service.

**Five Points Center for Active Adults** Class Fee: \$0  
#139501 Mar 8 F 1:00 pm - 2:30 pm

**Balance Screening**

Have you noticed a decrease in your mobility or trouble with your balance? Mobile Rehab Physical Therapy, will offer 1:1 consultation with a physical therapist who can measure your balance & provide recommendations to help keep you strong, mobile, & independent. Pre-registration is required.

**Five Points Center for Active Adults** Class Fee: \$0  
#134202 Jan 30 W 10:00 am -12:00 pm  
**Anne Gordon Center for Active Adults** Class Fee: \$0  
#134203 Jan 17 Th 10:00 am -12:00

**Resources for Seniors**

**Education/Health (continued)****Blood Pressure Screenings**

Take advantage of these FREE Blood Pressure Screenings. These screenings are offered by Dr. Casey Baldwin with Resources For Seniors and Sunnybrook Healthcare.

**Five Points Center for Active Adults**

#134171	Feb 4	M	9:30 am -12:00 pm
#134174	Feb 18	M	9:30 am -12:00 pm
#134175	Mar 4	M	9:30 am -12:00 pm
#134181	Mar 18	M	9:30 am -12:00 pm
#134182	Apr 1	M	9:30 am -12:00 pm
#134183	Apr 15	M	9:30 am -12:00 pm

**Anne Gordon Center for Active Adults**

#134173	Jan 23	W	9:30 am -12:00 pm
#134176	Feb 6	W	9:30 am -12:00 pm
#134177	Feb 27	W	9:30 am -12:00 pm
#134178	Mar 6	W	9:30 am -12:00 pm
#135929	Mar 27	W	9:30 am -12:00 pm
#134179	Apr 3	W	9:30 am -12:00 pm
#134180	Apr 24	W	9:30 am -12:00 pm

**Resources for Seniors**

Class Fee: \$0

**Brain Power**

Explore simple ways to maintain & boost your mental acuity. We will explore a different topic each month. Facilitated by Janet Harrison with Resources for Seniors.

**Five Points Center for Active Adults**

#134194	Feb 11	M	1:00 pm - 2:00 pm
#134195	Mar 11	M	1:00 pm - 2:00 pm
#134196	Apr 8	M	1:00 pm - 2:00 pm

**Anne Gordon Center for Active Adults**

#134199	Feb 14	Th	1:00 pm - 2:00 pm
#134200	Mar 14	Th	1:00 pm - 2:00 pm
#134201	Apr 11	Th	1:00 pm - 2:00 pm

**Resources for Seniors**

Class Fee: \$0

**Chronic Disease Self Management****Resources for Seniors**

The goal of this course is to enable you to build self-confidence, to assume a major role in maintaining your health, & help in managing your chronic health conditions.

**Anne Gordon Center for Active Adults**

#134206	Mar 20-Apr 24	W	1:00 pm - 3:30 pm
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**Five Points Center for Active Adults**

#134205	Feb 5-Mar 12	Tu	1:00 pm - 3:30 pm
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Class Fee: \$0

**Current Health Issues for Seniors****Resources for Seniors**

Representatives including a pharmacy technician, nutritionist and registered nurse will lead a session on current health issues facing senior adults, and provide helpful tips on managing them.

Presented by Hardin Drug Pharmacy.

**Five Points Center for Active Adults**

#134207	Feb 13	W	2:00 pm - 3:00 pm
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Class Fee: \$0

**Flower Pot Gardening**

Come and explore a variety of plants for flower pot gardening with Phil Campbell of Campbell Road Nursery.

**Five Points Center for Active Adults**

#134211	Apr 9	Tu	10:00 am -11:00 am
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**Resources for Seniors**

Class Fee: \$0

**Health Talk with Dr. Baldwin**

Dr. Casey Baldwin, RFS Senior Care Pharmacist, will be on-site the 1st Tuesday of every month to discuss an important 'health topic' for older adults. Don't miss an opportunity to be more informed about healthy living and also asking general questions.

**Five Points Center for Active Adults**

#134185	Feb 5	Tu	9:30 am -11:30 am
#134186	Mar 5	Tu	9:30 am -11:30 am
#134187	Apr 2	Tu	9:30 am -11:30 am

**Resources for Seniors**

Class Fee: \$0

**Life Connections**

Would you enjoy a great time of laughter and sharing your stories of life's adventures? If so, you have to join us!!! Join Dot Murray, with Heartland, on the 3rd Wednesday of each month. Come gather with us for a special time of fellowship and sharing. This is a great group in particular for those dealing with a loss---maybe experiencing grief.

**Five Points Center for Active Adults**

#134189	Feb 20	W	10:00 am -11:30 am
#134190	Mar 20	W	10:00 am -11:30 am
#134191	Apr 17	W	10:00 am -11:30 am

**Anne Gordon Center for Active Adults**

#134192	Feb 14	Th	2:00 pm - 3:30 pm
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**Resources for Seniors**

Class Fee: \$0

**Life Writing**

Dr. Jim Clark, NCSU Encore Program, will lead you in writing your memoirs. He sets the stage that invites stories to flow. Come and explore your stories!

**Five Points Center for Active Adults**

#134209	Jan 22-Feb 12	Tu	1:00 pm - 3:00 pm
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Class Fee: \$0

**Living Wills**

What are living wills and why do we need one? Kathryn Kabat of Wills on Wheels will provide insight into the elements of this document and help you navigate through your needs.

**Five Points Center for Active Adults**

#134213	Apr 23	Tu	1:00 pm - 2:00 pm
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Class Fee: \$0

**SHIIP One on One Appointments**

Did you know that there are 31 insurance companies licensed to sell supplement and advantage plans to seniors in Wake County, in addition to Medicare? These 1:1 appointments will help you to understand your options with the Senior Health Insurance Information Program (SHIIP). Our SHIIP expert will help you identify the top 2-3 plans that best meet your needs. Appointments are required. You must pre-register for the appointment through Resources for Seniors, either in person or by calling (919)996-3738.

**Five Points Center for Active Adults**

Jan 4— Apr 26	F (1st & 3rd)	1:00 pm-3:00 pm
Jan 8— Apr 30	T (2nd & 4th)	10:00 am-12:00 pm

**Anne Gordon Center for Active Adults**

Jan 2— Apr 24	W (2nd)	1:00 pm-3:00 pm
Jan 3— April 25	Th (4th)	10:00 am-12:00 pm

Class Fee: \$0





**FITNESS****Ageless Grace**

21 simple tools for lifelong comfort and ease! Each of the 21 tools focuses on specific areas of the brain & body to improve balance, flexibility, cognitive function and more! All while sitting in a chair. It's fun and best of all, it's easy! Visit [www.agelessgrace.com](http://www.agelessgrace.com) for more information.

<b>Anne Gordon Center for Active Adults</b>			Class Fee:\$8
#135935	Feb 5-26	Tu	2:00 pm - 2:45 pm
#135939	Mar 5-26	Tu	2:00 pm - 2:45 pm
#135943	Apr 2-30	Tu	2:00 pm - 2:45 pm
<b>Five Points Center for Active Adults</b>			Class Fee:\$8
#135949	Feb 6-27	W	2:00 pm - 2:45 pm
#135950	Mar 6-27	W	2:00 pm - 2:45 pm
#135951	Apr 3-24	W	2:00 pm - 2:45 pm

**Beginner T'ai Chi for Active Adults**

T'ai Chi is an low/no impact, slow motion exercise that uses a series of motions. As you move, you focus on natural breathing naturally, paying attention to your movements & bodily sensations. This class can be adapted for any fitness level. Benefits include: enhanced immunity, lowers blood pressure, & reduced chronic pain.

<b>Anne Gordon Center for Active Adults</b>			Class Fee:\$8
#135970	Feb 5-26	Tu	10:30 am -11:15 am
#135971	Mar 5-26	Tu	10:30 am -11:15 am
#135972	Apr 2-30	Tu	10:30 am -11:15 am
#137953	Feb 1-22	F	11:30 am -12:15 pm
#137954	Mar 1-29	F	11:30 am -12:15 pm
#137955	Apr 5-26	F	11:30 am -12:15 pm

**Beginner/Intermediate Line Dance for Active Adults**

For those who have some dancing experience & would like to learn more difficult dances. Instructor: Instructor: Mitzi Kelley.

<b>Five Points Center for Active Adults</b>			Class Fee:\$0
#136187	Feb 4-27	M, W	2:00 pm - 3:00 pm
#136188	Mar 4-27	M, W	2:00 pm - 3:00 pm
#136189	Apr 1-29	M, W	2:00 pm - 3:00 pm

**Beginning Line Dance**

Experience the fun of line dancing! Come learn some easy line dances, a great way to get some exercise and put a smile on your face. Instructor: Mitzi Kelley

<b>Five Points Center for Active Adults</b>			Class Fee:\$0
#135963	Feb 4-27	M, W	1:00 pm - 2:00 pm
#135964	Mar 4-27	M, W	1:00 pm - 2:00 pm
#135965	Apr 1-29	M, W	1:00 pm - 2:00 pm
<b>Anne Gordon Center for Active Adults</b>			Class Fee:\$0
#135966	Feb 1-22	F	1:00 PM-2:00 PM
#135967	Mar 1-29	F	1:00 PM-2:00 PM
#135968	Apr 5-26	F	1:00 PM-2:00 PM

**BeneFitness**

Strengthen your muscles, improve your range of motion, balance, flexibility, and strength through low impact aerobics, stretching, and light weights. Come and enjoy the benefitness of exercise! Instructor: Bill Unger.

<b>Five Points Center for Active Adults</b>			Class Fee:\$0
#136758	Feb 5-28	Tu, Th	9:30 am -10:15 am
#136759	Mar 5-28	Tu, Th	9:30 am -10:15 am
#136760	Apr 2-30	Tu, Th	9:30 am -10:15 am

**Cardio Sculpt**

Cardio Sculpt is a combination class that helps burn fat and build lean muscles. Half of the class is spent doing low impact aerobic exercises; the other half is spent sculpting major muscle groups. Come get a healthy heart and sculpted muscles all in one class! All levels are welcome. Instructor: Jane Stenhouse.

<b>Five Points Center for Active Adults</b>			Class Fee:\$8
#134137	Feb 4-25	M	10:15 am -11:15 am
#134138	Mar 4-25	M	10:15 am -11:15 am
#134139	Apr 1-29	M	10:15 am -11:15 am
#137453	Feb 6-27	W	10:15 am -11:15 am
#137454	Mar 6-27	W	10:15 am -11:15 am
#137455	Apr 3-24	W	10:15 am -11:15 am

**Chair Based Zumba**

This workout uses both Latin and traditional chair moves. Other elements of the class include the use of elastic bans, seated abdominal exercises, and warm up/cool down movements. This is a beginner level class. Instructor: Bettie Ittenbach.

<b>Five Points Center for Active Adults</b>			Class Fee:\$8
#137908	Feb 5-26	Tu	2:30 pm - 3:15 pm
#137909	Mar 5-26	Tu	2:30 pm - 3:15 pm
#137910	Apr 2-30	Tu	2:30 pm - 3:15 pm

**Chair-Based QiGong**

This course provides students with physical limitations the benefits of QiGong practice from a sitting position. The movements are a modified version of the 24 Posture Therapeutic QiGong System. Class requires sitting and simple upper body movements. This is a beginner level class. Instructor: Michael Hronas.

<b>Five Points Center for Active Adults</b>			Class Fee:\$8
#134119	Feb 5-26	Tu	9:15 am -10:00 am
#134120	Mar 5-26	Tu	9:15 am -10:00 am
#134121	Apr 2-30	Tu	9:15 am -10:00 am
#137508	Feb 7-28	Th	9:15 am -10:00 am
#137509	Mar 7-28	Th	9:15 am -10:00 am
#137510	Apr 4-25	Th	9:15 am -10:00 am

**Chair Yoga**

This gentle beginning class for older adults includes: stretches to increase one's range of motion, simple balancing poses to strengthen muscles that support your joints, & breath awareness to calm & release tension. All poses can use the support of a chair.

<b>Five Points Center for Active Adults</b>			Class Fee:\$8
#134105	Feb 6-27	W	3:30 pm - 4:30 pm
#134106	Mar 6-27	W	3:30 pm - 4:30 pm
#134107	Apr 3-24	W	3:30 pm - 4:30 pm
#134108	Feb 5-26	Tu	11:45 am-12:45 pm
#134117	Mar 5-26	Tu	11:45 am-12:45 pm
#134116	Apr 2-30	Tu	11:45 am-12:45 pm
#137512	Feb 7-28	Th	11:45 am-12:45 pm
#137513	Mar 7-28	Th	11:45 am-12:45 pm
#137514	Apr 4-25	Th	11:45 am-12:45 pm
#138031	Feb 4-25	M	3:30 pm - 4:30 pm
#138032	Mar 4-25	M	3:30 pm - 4:30 pm
#138033	Apr 1-29	M	3:30 pm - 4:30 pm
#138035	Feb 7-28	Th	3:30 pm - 4:30 pm
#138036	Mar 7-28	Th	3:30 pm - 4:30 pm
#138037	Apr 4-25	Th	3:30 pm - 4:30 pm

**Drumming for Fitness**

Improve your physical and mental fitness, burn fat and release stress all while having fun. We combine traditional no/low impact aerobic movements with the powerful beat & rhythm of drums. You will use foam drumsticks (provided) on chairs. There is no sitting in this class. You will leave sweating, tired & smiling because you feel great. Come join the fun! This class can be adjusted for those individuals seeking a medium/high aerobic activity.

**Five Points Center for Active Adults** Class Fee:\$8

#136192	Feb 5-26	Tu	2:45 pm - 3:30 pm
#136193	Mar 5-26	Tu	2:45 pm - 3:30 pm
#136195	Apr 9-30	Tu	2:45 pm - 3:30 pm

**Anne Gordon Center for Active Adults** Class Fee:\$8

#137959	Feb 4-25	M	2:30 pm - 3:15 pm
#137960	Mar 4-25	M	2:30 pm - 3:15 pm
#137961	Apr 1-29	M	2:30 pm - 3:15 pm

**Lake Lynn Community Center** Class Fee: \$8

#138448	Feb 6-27	W	9:00 am - 9:45 am
#138449	Mar 6-27	W	9:00 am - 9:45 am
#138450	Apr 3-24	W	9:00 am - 9:45 am

**Five Points Fitness Room**

Take advantage of the variety of cardiovascular and strength training equipment available at the Five Points Center for Active Adults and get into shape. The fitness room is open during normal operating hours, but will be closed for 'Group Fitness Training' classes on T, W, Th 10:15 am-11:00 am and 2:00 pm-2:45 pm. Participants must complete a fitness room orientation with one of the fitness instructors prior to use. Orientations may be scheduled in person or by calling 919-996-4730.

**Five Points Center for Active Adults** Class Fee: \$0  
#137195 Jan 2-Apr 30 M-F 9:00 am - 6:00 pm

**Gentle Yoga for Beginners**

A gentle approach to yoga is structured to accommodate students of physical abilities. The yoga poses and exercises will be done standing, seated in a chair, leaning against the wall for support, on a floor mat. Yoga breathing exercises are also incorporated to help improve lung capacity and focus. A period of deep relaxation or meditation is also provided. This is a beginner level class. Instructor: Barb Halpern.

**Five Points Center for Active Adults** Class Fee: \$8

#134128	Feb 4-25	M	3:15 pm - 4:15 pm
#134129	Mar 4-25	M	3:15 pm - 4:15 pm
#134130	Apr 1-29	M	3:15 pm - 4:15 pm
#137492	Feb 6-27	W	3:15 pm - 4:15 pm
#137493	Mar 6-27	W	3:15 pm - 4:15 pm
#137494	Apr 3-24	W	3:15 pm - 4:15 pm

**Golden Zumba**

Golden Zumba is known for the zesty Latin and international music, easy to follow moves, and the invigorating party-like atmosphere of the class! This is a dance-fitness class that feels friendly and, most of all, fun! This is an intermediate level class.

**Laurel Hills Community Center** Class Fee: \$8

#137938	Feb 6-27	W	11:30 am -12:30 pm
#137939	Mar 6-27	W	11:30 am -12:30 pm
#137940	Apr 3-24	W	11:30 am -12:30 pm

**Five points center for Active Adults** Class Fee: \$8

#138105	Feb 1-22	F	12:30 pm - 1:30 pm
#138106	Mar 1-22	F	12:30 pm - 1:30 pm
#138107	Apr 5-26	F	12:30 pm - 1:30 pm

**Group Fitness Room Training**

This course provides instruction on fitness equipment and workout resources in the Five Points Center for Active Adult's fitness room. Small class sizes allow for more one-on-one assistance from our group fitness instructors. All ability & experience levels are welcome.

**Five Points Center for Active Adults** Class Fee: \$4/day  
Tues, Wed, or Thur 10:00 am-10:45 am  
Tues, Wed, or Thur 2:00 pm-2:45 pm

**Guided Relaxation to a Healthier You**

Learn how to slow down your day to day life, relax and relieve stress. This class will be performed seated in a chair while you learn breathing and relaxation techniques. Your instructor guides you, using speech and imagery, to obtain mental, muscle, and total body relaxation. You may even start sleeping better! This class is for everyone. No impact/no aerobic activity.

**Anne Gordon Center for Active Adults** Class Fee: \$8

#135982	Feb 4-25	M	1:30 pm - 2:15 pm
#135983	Mar 4-25	M	1:30 pm - 2:15 pm
#135984	Apr 1-29	M	1:30 pm - 2:15 pm

**Qi Gong for Back Pain**

Qi Gong is a practice of aligning breath, movement, & awareness for exercise, healing, & meditation. This class will teach you a series of gentle Qi Gong movements that will alleviate back pain. Movements are done sitting, standing or lying down. A variety of tips to minimize back pain are incorporated throughout the class.

**Five points Center for Active Adults** Class Fee:\$8  
#136654 Mar 7-28 Th 11:00 am -12:00 pm

**Seniorgise**

Strengthen your muscles & improve your movement for a healthier lifestyle. Benefits include: improved balance, flexibility, & strength. Includes stretching, light weights, & aerobic activity. Class Fee:\$8

**Anne Gordon Center for Active Adults** Instructor: Lorraine Norris

#135995	Feb 5-26	Tu	9:15 am -10:00 am
#135996	Mar 5-26	Tu	9:15 am -10:00 am
#135997	Apr 2-30	Tu	9:15 am -10:00 am
#137465	Feb 7-28	Th	9:15 am -10:00 am
#137466	Mar 7-28	Th	9:15 am -10:00 am
#137467	Apr 4-25	Th	9:15 am -10:00 am

**Powell Drive Park** Instructor: Bill Unger

#136003	Feb 5-26	Tu	2:00 pm - 2:45 pm
#136004	Mar 5-26	Tu	2:00 pm - 2:45 pm
#136005	Apr 2-30	Tu	2:00 pm - 2:45 pm
#137461	Feb 7-28	Th	2:00 pm - 2:45 pm
#137462	Mar 7-28	Th	2:00 pm - 2:45 pm
#137463	Apr 4-25	Th	2:00 pm - 2:45 pm

**Five Points Center for Active Adults** Instructor: Sharon Gale

#136007	Feb 5-26	Tu	2:00 pm - 2:45 pm
#136008	Mar 5-26	Tu	2:00 pm - 2:45 pm
#136009	Apr 2-30	Tu	2:00 pm - 2:45 pm
#137457	Feb 7-28	Th	2:00 pm - 2:45 pm
#137458	Mar 7-28	Th	2:00 pm - 2:45 pm
#137459	Apr 4-25	Th	2:00 pm - 2:45 pm

**Seniors In Motion**

This class includes stretching and flexibility movements, as well as low impact cardio exercise & strength training with light weights.

**Laurel Hills Community Center** Class Fee:\$8

#138047	Feb 6-27	W	10:15 am -11:15 am
#138048	Mar 6-27	W	10:15 am -11:15 am
#138049	Apr 3-24	W	10:15 am -11:15 am
#138044	Feb 1-22	F	10:15 am -11:15 am
#138045	Mar 1-22	F	10:15 am -11:15 am
#138046	Apr 5-26	F	10:15 am -11:15 am

## Silver Cardio

Classes start with basic warm up moves, followed by 30 minutes of constant low impact moves. You'll break a sweat and have lots of fun! This is an intermediate level class. Instructor: Bettie Ittenbach

**Five Points Center for Active Adults** Class Fee: \$8

#134143	Feb 5-26	Tu	1:15 pm - 2:00 pm
#134144	Mar 5-26	Tu	1:15 pm - 2:00 pm
#134145	Apr 2-30	Tu	1:15 pm - 2:00 pm
#137480	Feb 7-28	Th	1:15 pm - 2:00 pm
#137481	Mar 7-28	Th	1:15 pm - 2:00 pm
#137482	Apr 10-May 1	Th	1:15 pm - 2:00 pm

## Tai Chi Chih for Active Adults

Tai Chi Chih is a wonderful moving meditation, designed to balance and circulate your energy (chi) for better health, allowing harmony to take place within. Tai Chi Chih consists of 19 flowing moves and one meditative pose. It is simple to learn and a joy to experience.

Benefits include: decreased stress & anxiety, improved balance, & increased flexibility. Instructor: Adrienne McKenzie

**Five Points Center for Active Adults** Class Fee: \$8

#134148	Feb 4-25	M	11:00 am -12:00 pm
#134149	Mar 4-25	M	11:00 am -12:00 pm
#134150	Apr 1-29	M	11:00 am -12:00 pm

## The Balancing Act- Senior Movement

This beginner level class consists of basic warm ups & daily functional movements, such as how to safely reach overhead to put items on a shelf & the proper ways to get in/out of chair.

Instructor: Bettie Ittenbach

**Five Points Center for Active Adults** Class Fee: \$8

#134092	Feb 7-28	Th	2:15 pm - 3:00 pm
#134093	Mar 7-28	Th	2:15 pm - 3:00 pm
#134094	Apr 4-25	Th	2:15 pm - 3:00 pm

## Therapeutic QiGong

The 24 movements of QiGong are gentle, simple & designed to promote energy & internal organ health for the participant. By creating good energy flow in the body, many diseases are thwarted or can even be reversed, including arthritis, diabetes, high blood pressure & more. Class requires standing & simple upper body movements. Level: Beginner. Instructor: Michael Hronas

**Five Points Center for Active Adults** Class Fee: \$8

#134152	Feb 6-27	W	9:15 am -10:00 am
#134153	Mar 6-27	W	9:15 am -10:00 am
#134154	Apr 3-24	W	9:15 am -10:00 am
#137504	Feb 1-22	F	9:15 am -10:00 am
#137505	Mar 1-22	F	9:15 am -10:00 am
#137506	Apr 5-26	F	9:15 am -10:00 am

**Anne Gordon Center for Active Adults** Class Fee: \$8

#134157	Feb 1-22	F	10:30 am -11:15 am
#134158	Mar 1-29	F	10:30 am -11:15 am
#136011	Apr 5-26	F	10:30 am -11:15 am
#138464	Feb 5-26	Tu	11:30 am -12:15 pm
#138465	Mar 5-26	Tu	11:30 am -12:15 pm
#138466	Apr 2-30	Tu	11:30 am -12:15 pm

## Beginner Ballroom Dance

Learn the most popular ballroom dance steps, designed especially for the beginner. Dances include Fox Trot, Waltz, Rumba, Swing, and Cha Cha. No partner needed for this class. Instructor: Deb Brown.

**Five Points Center for Active Adults** Class Fee: \$25

#137991	Mar 5-Apr 11	Tu, Th	10:30 am -11:30 am
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## Total Body Conditioning

This class is for experienced exercisers who want a more vigorous workout. The class combines cardio conditioning and strength training in a circuit format. Floor work includes abdominal exercises and stretching at the end of class. This is an intermediate/advanced level class. Instructor: Jane Stenhouse.

**Five points Center for Active Adults** Class Fee: \$8

#134123	Feb 5-26	Tu	1:00 pm - 2:00 pm
#134124	Mar 5-26	Tu	1:00 pm - 2:00 pm
#134125	Apr 2-30	Tu	1:00 pm - 2:00 pm
#137731	Feb 7-28	Th	1:00 pm - 2:00 pm
#137732	Mar 7-28	Th	1:00 pm - 2:00 pm
#137733	Apr 4-25	Th	1:00 pm - 2:00 pm

## Total Body Toning

Weight-bearing exercise is especially important as we age. This class incorporates hand weights, resistance tubing, and our own body weight to provide resistance, build strength, and improve flexibility of the joints. This is an intermediate level class. Instructor: Kathy Cassidy.

**Five Points Center for Active Adults** Class Fee: \$8

#134160	Feb 6-27	W	11:30 am -12:30 pm
#134161	Mar 6-27	W	11:30 am -12:30 pm
#134162	Apr 3-24	W	11:30 am -12:30 pm
#137469	Feb 1-22	F	11:30 am -12:30 pm
#137470	Mar 1-22	F	11:30 am -12:30 pm
#137471	Apr 5-26	F	11:30 am -12:30 pm

## Wednesday Walk and Wellness

Enjoy a walk in the area near the Active Adult Center. Along the way, you will also have stops that focus on stretching & cardio exercises to improve your overall wellness. During inclement weather, the program will walk in the Five Points Center. Instructor: Jane Stenhouse.

**Five Points Center for Active Adults** Class Fee: \$0

#134163	Jan 2-Apr 24	W	1:00 pm - 2:00 pm
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## What is Acupuncture?

Acupuncture is an alternative medicine methodology, originating in China, that treats patients by manipulating thin, solid needles that have been inserted into acupuncture points in the skin. Acupuncture has served as the primary form of health care in China for more than 5,000 years. In this session the differences between Western (American, allopathic) medicine and Eastern medicine; the different styles of acupuncture and the treatment experience with each; the various professionals that perform acupuncture, & the credentials that each of them may hold; the value of acupuncture for you; and the five elements (Earth, Fire, Metal, Water, and Wood) as they relate to people, personalities, and communication will be discussed. Instructor: Nancy Davison, PT, LAC

**Five points Center for Active Adults** Class Fee: \$5

#136655	Feb 14	Th	12:15 pm - 1:45 pm
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## Yoga for Arthritis

This Yoga class offers a gentle and effective approach to targeting affected joints and stabilizing those not yet affected. The class can be tailored to each participants' needs- seated, standing, wheelchair, etc.

**Five Points Center for Active Adults** Class Fee:\$8  
#141503 Feb 11-25 M 10:00 am -11:00 am

## Beginner Swing Dance Lessons

Learn the basic steps of today's popular swing dance steps. Lessons are held prior to the start of every monthly dance at the Five Points Center for Active Adults. The perfect lesson for beginners to learn the swing dance! Instructor: Deb Brown

**Five Points Center for Active Adults** Class Fee:\$5  
#138020 Jan 31 Th 6:00 pm - 7:00 pm  
#138021 Feb 28 Th 6:00 pm - 7:00 pm  
#138022 Mar 28 Th 6:00 pm - 7:00 pm  
#138023 Apr 25 Th 6:00 pm - 7:00 pm

## SOCIAL

### Billiards Tournament

Join your fellow billiards players for this fun tournament. All playing levels are welcome to participate. Refreshments and prizes will be provided.

**Five Points Center for Active Adults** Class Fee:\$2  
#137967 Mar 15 F 10:00 am -12:00 pm

## Bingo

All Ages  
Come and enjoy making friends and sharing lots of laughs while playing Bingo! This is not your typical Bingo.....we play a variety of games each day from straight bingo, to 4 corners, postage stamp and clear all. Cost is \$1 for 3 cards or 50 cents per card.

**Anne Gordon Center for Active Adults**  
#132013 Jan 4-Apr 26 F 10:00 am - 12:00 pm

**Carriage House Apts. 116 St. Mary's St.**  
#132014 Jan 7-Apr 29 M 1:30 pm - 2:30 pm

**Parkview Manor Apts. 901**  
#132015 Jan 7-Apr 29 M 3:00 pm - 4:00 pm

**Stonehenge Apts. 7303 Hihenge Ct**  
#132016 Jan 3-Apr 18 Th(1st & 3rd) 10:00am-12:00pm

**Five Points Center for Active Adults**  
#136201 Jan 16-Apr 24 W(1st & 3rd) 2:00 pm - 4:00 pm

**Pullen Community Center**  
#132017 Jan 9-Apr 24 W (2nd & 4th) 2:00 pm-4:00 pm

**Greystone Recreation Center**  
#137805 Jan 15-Apr 16 Tu 2:00 pm - 3:30 pm



## Bridge for Active Adults - Open Play

Join other bridge players for this open play program. All experience levels are welcome.

**Five Points Center for Active Adults**  
#136210 Jan 4-May 2 F, Th 12:30 pm - 3:00 pm

## Cards and Mah Jong Open Play

Want to play cards (Bridge, Canasta, Poker, etc...) mah jong or more with your friends. Have not played in a while and want to freshen up your skills? This is an open play time for all. Bring your supplies or use ours.

**Anne Gordon Center for Active Adults** Class Fee:\$0  
#141059 Jan 4-Apr 26 F 2:00 pm - 4:00 pm  
#141060 Jan 8-Apr 30 Tu 1:00 pm - 3:00 pm

## Five Points Center Billiards/Game Room

Join us for a game of billiards, chess, cards or other games in our game room at the Five Points Center for Active Adults. All games and equipment are provided. The game room is available Monday-Friday from 9am-6pm.

## Five Points Center Library

Stop in and enjoy our beautiful library at the Five Points Center for Active Adults. This lending library offers fiction and non-fiction books that are available for check out.

## Five Points Dance Nights

Spend a fun & festive evening at our monthly Five Points Dance Nights. Each monthly dance will feature a different live band and theme, from ballroom to disco to country. Call 919-996-4730 for additional details.

**Five Points Center for Active Adults** Class Fee:\$15  
#138016 Jan 31 Th 7:00 pm - 9:30 pm  
#138017 Feb 28 Th 7:00 pm - 9:30 pm  
#138018 Mar 28 Th 7:00 pm - 9:30 pm  
#138019 Apr 25 Th 7:00 pm - 9:30 pm

## Friday Flicks at Five Points

Join us for a fun filled movie matinee! From new releases to the old classics, there will be something for everyone. Light refreshments provided. Please call (919)996-4730 for the movie schedule.

**Five Points Center for Active Adults** Class Fee:\$2  
#137915 Jan 25 F 2:00 pm - 4:30 pm  
#137916 Feb 22 F 2:00 pm - 4:30 pm  
#137917 Mar 22 F 2:00 pm - 4:30 pm  
#137918 Apr 26 F 2:00 pm - 4:30 pm

## Line Dance Open Studio

Join us for this fun and informal line dance program. No previous line dancing experience is required, and you will enjoy dancing to some old favorites while making new friends!

**Five Points Center for Active Adults** Class Fee:\$0  
#137663 Jan 11-Apr 26 F 1:30 pm - 3:00 pm

## Mah Jongg Beginners

Mah Jongg is a tile game that can be traced back to the end of the last century. Recently a growing number of people are realizing the intellectual challenge Mah Jongg poses & the beauty and excitement of the game itself.

**Five Points Center for Active Adults** Class Fee:\$0  
#136219 Jan 7-Apr 29 M 2:00 pm - 4:00 pm  
**Greystone Community Center** Class Fee:\$0  
#136218 Jan 3-31 Th 2:00 pm - 4:00 pm

## Mah Jongg Intermediate

These intermediate workshops are for those individuals that have been through the Mah Jongg beginners workshop or have played the game in the past and need a refresher course.

**Five Points Center for Active Adults** Class Fee:\$0  
#136221 Jan 7-Apr 29 M 2:00 pm - 4:00 pm

## Mah Jongg Open Play

Come play Mah Jongg with your friends. This program is for those that know how to play and do not need instructions. Bring your game boards and cards, some supplies are available.

**Five Points Center for Active Adults** Class Fee:\$0  
#134331 Jan 3-Apr 25 Th 2:00 pm -4:00 pm

## Greystone Recreation Center

#142238 Jan3-Apr 25 Th 2:00 pm-4:00 pm

## Marsh Creek Community Center

#134330 Jan 7-Apr 29 M 12:30 pm-2:30 pm

## Men's Monday Mornings

Men are you looking for a place to hang out, play some games, make new friends & socialize that is for guys only. Men's Monday Mornings is just the program for you! Drop in and enjoy some coffee, play some card games, participate in a game of Cornhole, or just hang out.

**Anne Gordon Center for Active Adults** Class Fee:\$0  
#135992 Jan 7-Apr 29 M 9:00 am -12:00 pm

## Read and Go

Are you an avid reader? Do you like to travel? The new Read and Go series combines the best of these two activities. Participants will read a select group of fiction and nonfiction books based on North Carolina locations and then travel to these sites to explore the areas the books are based on. The reading list and learn more about the trips and associated events with the program call 919-996-4720

**Anne Gordon Center for Active Adults** Class Fee:\$0  
#135954 Registration for Mailing List

## Read and Go Discussions

Group discussions for our Read and Go Program.

**Anne Gordon Center for Active Adults** Class Fee:\$0

The Good Father by Diane Chamberlin

#135955 Mar 25 M 1:00 pm - 2:30 pm

Velva Jean Learns to Fly by Jennifer Niven

#140922 Apr 29 M 1:00 pm - 2:30 pm

## Read and Watch

Do you enjoy reading and watching movies? Then check out this program! We have picked authors who have movies based on their books. Read the book, participate in a book discussion, & then watch the movie that is based on the book. Due to popularity of this program, pre-register is required.

**Anne Gordon Center for Active Adults** Class Fee:\$0

The Kite Runner by Khaled Hosseini

#135952 Feb 25 M 1:00 pm - 3:30 pm

## Seniors Craft Group

Join your fellow crafters for this drop-in craft program. Items created are donated to local hospitals, assisted living facilities, and other charitable organizations. Bring your own supplies and materials to share with the group.

**Five Points Center for Active Adults** Class Fee: \$0  
#134141 Jan 2-Apr 30 M-Th 10:00 am -12:00 pm

## Thursday Theater

Do you enjoy movies - classics, westerns, romance, suspenseful, or box office hits? Come and enjoy popcorn, soda/coffee or bring your own snack while you watch a movie with your friends. Great place to make friends and socialize. Pre-registration required due to popularity. Call 919-996-4720 for a movie schedule.

## Anne Gordon Center for Active Adults

**Thursday** 10:00 am-12:00 pm Class Fee:\$2

#136015	Jan 24	#136023	Mar 21
#136017	Feb 7	#136024	Mar 28
#136018	Feb 14	#136025	Apr 4
#136019	Feb 21	#136026	Apr 11
#136020	Feb 28	#136027	Apr 18
#136021	Mar 7	#136028	Apr 25
#136022	Mar 14		

## Valentine's Ice Cream Social

Celebrate Valentine's Day with a special ice cream social, full of fun and flavorful treats. Games and door prizes are also part of the festivities.

**Five Points Center for Active Adults** Class Fee: \$4  
#137692 Feb 14 Th 2:00 pm - 3:30 pm

## SPORTS

### Horseshoes

Practice your horseshoes skills with other adults. Equipment is provided.

**Athens Drive High School** Class Fee: \$0  
#135985 Jan 1-Apr 30 Tu,Sa 9:00 am -10:30 am

### Pickleball

Pickleball is wonderful fitness and social activity. It is a sports activity that combines racquetball, tennis & table tennis. It is played on a smaller version of a tennis court. No experience is necessary and all equipment is provided.

**Five Points Center for Active Adults** Class Fee:\$0  
#134140 Jan 2-Apr 29 W 1:00 pm - 3:00 pm

### Shuffleboard

Practice and play shuffleboard with other adults. Equipment is provided. This activity takes place at Athens Drive High School every Tuesday and Saturday, weather permitting.

**Class Fee: \$0**  
#136010 Jan 1-Apr 30 Tu, Sa 9:00 am -12:00 pm

### Table Tennis Free Play

Learn to play table tennis-all ability levels are welcome.

**Five Points Center for Active Adults** Class Fee:\$0  
#134146 Jan 7-Apr 29 M 1:00 pm - 3:00 pm





Don't Wait– Register Early!

Did you know that programs, classes, and trips that have not met the minimum number of registrants 2 weeks prior to the start date will be cancelled? Registering early allows program staff time to plan accordingly and eliminates the cancellation of programs.



How to read course listings

Example:

Class Title

Place where class is held at

Class Barcode

Date

Day

Time

Basics with Barb

Five Points Center for Active Adults

#129908

Sep 5-12

W

9:30 AM-11:30 AM

Class Fee: \$20

For those who have taken the Introduction to Computer Applications in the past or have worked on computers and just want a refresher.

Cost of Activity



**Adult Program Trips**

**Jacksonville, NC February 2013**

**Trip Cost: To Be Announced**

Visit the Montford Point Marine Museum to view artifacts of the first African American marines as we celebrate Black History Month.

**Sanford, NC March 2013**

**Trip Cost: To Be Announced**

Enjoy the music and fun at the Temple Theatre's production of "Swingin' Cowboys".

**Asheboro, NC April 2013**

**Trip Cost: To Be Announced**

Visit the North Carolina Zoo, with over 500 acres of exhibits and 1,100 individual creatures!

**Baltimore, MD April 2013**

**Trip Cost: To Be Announced**

Explore the downtown waterfront, rich history and and a Baltimore Orioles baseball game.

**Goldsboro, NC May 2013**

**Trip Cost: To Be announced**

The Seymour Johnson Air Show features performances from the Blue Angels, the Army's Golden Knights and the F-15E Strike Eagle demonstration team.

**The Adult Program Trip Brochure, Individual Trip Fliers and Registration can be found on our website [parks.raleighnc.gov](http://parks.raleighnc.gov) Keyword: Adult Trips or by calling 919-996-4720**

**Ways To Register For Programs and Trips**

**Mail-In**

Send registration form and payment to:  
Anne Gordon Center for Active Adults  
1901 Spring Forest Road  
Raleigh, NC 27615

**Walk-In**

Bring your completed registration form and payment to any of our staffed Parks and Recreation sites during regular business hours.

*\*Trip registrations must be taken to one of the two Active Adult Centers .*

**Online with Reclink**

Visit [Reclink.raleighnc.gov](http://Reclink.raleighnc.gov)

Reclink allows you to search for classes, programs, and events by age, location, barcode, or keyword. With your Family PIN and Client Barcode you can then complete you registration and payment on line.

*\*Trip registrations are not accepted on this site.*



All trips will now meet and leave from the  
Anne Gordon Center for Active Adults at Millbrook Exchange  
The address is: 1901 Spring Forest Rd, Raleigh, NC 27615